

## Winter Gear List

Here is a detailed list of the items that you will likely need in to include in your gear list.

- Avalanche transceiver/beacon (same thing, different terms)
- A minimum of 2 sets of fresh non-rechargeable batteries (for your beacon and your headlamp - brand spanking new is best)
- Avalanche probe
- Shovel
- Area map
- Compass/GPS
- First aid kit (including moleskin or something to fix up hot spots and blisters)
- Avalung/Airbag/Recco
- Snow analysis tools: snow crystal card/snow saw/thermometer/ruler

## Other essential gear

- Alpine touring/telemark skis or split board and bindings  
(with brakes or leashes depending on your mode of travel)
- Alpine touring /snowboard boots
- Climbing skins
- Adjustable poles
- Jacket (a shell of some sort; either Gortex or soft shell)
- Pants (a shell of some sort' either Gortex or soft shell)
- Light weight base layers
- Technical socks
- Warm layer (down jacket)
- Ski gloves (2 pair of varying weights)
- Lightweight toque/Buff
- High energy food
- Ski goggles
- Sunglasses (with wide coverage if possible)
- Sunscreen and lip protection
- Helmet
- Small headlamp
- Repair kit: duct tape (wrap around ski pole/water bottle), pocket knife/multi-tool, lighter, spare pole basket, extra binding screws and spare parts, ski wax, skin glue
- 30-40 L daypack
- 1 L water bottle/thermos
- Toilet paper
- Camera
- Hot shots for hands/feet

## Gear for the lodges

- Down booties/flip flops/slippers
- A change of clothes for relaxing in
- Bathing suit in case of a sauna
- Music – CD's/Ipod/MP3 player depending on the lodge's set up
- A book
- Journal and pen
- Toiletry bag
- Ear plugs (for snoring noise protection)